

Falls Prevention for Older Adults Resource List

Maryland Fall Prevention Programs in Action

Chesapeake Safety Council (<http://www.chesapeakesc.org>) provides safety training and education to business and individuals in Maryland.

H & J Weinberg Foundation (<http://www.hjweinbergfoundation.org>) provides funding to Department of Aging and local area agency on aging to implement Chronic Disease Self-Management and A Matter of Balance programs.

IWIF (<http://www.iwif.com>) has a specialized team of risk management professionals dedicated exclusively to improving workplace safety at Maryland's state agencies.

Maryland Department of Aging

(<http://www.mdoa.state.md.us/programs.html>) provides funding to local area agencies on aging to implement Chronic Disease Self-Management, A Matter of Balance, and Active Living Everyday programs.

Maryland Department of Health and Mental Hygiene

(http://fha.maryland.gov/ohpetup/eip_falls.cfm) provides funding to local health departments for fall prevention programs aimed at adults age 65 and older.

Partnership for a Safer Maryland (<http://www.healthymaryland.org/partnership-for-a-safer-maryland.php>) provides free members to individuals and organizations interested in injury prevention in Maryland. Members receive monthly newsletters on injury topics, events and resources.

Evidence-based Fall Prevention Programs

A Matter of Balance (<http://www.mainehealth.org>)

Active Choices (<http://www.activeforlife.info>)

Active Living Every Day (<http://www.activeliving.info>)

Chronic Disease Self-Management Program

(<http://patienteducation.stanford.edu/programs/cdsmp.html>)

Enhance Fitness: (<http://www.projectenhance.org>)

Strong for Life (<http://www.bu.edu/hdr/products/stronglife/index.html>)

Tai Chi – Moving towards Balance

(<http://www.cdc.gov/HomeandRecreationalSafety/Falls/FallsPreventionActivity.html>)

Links to Other National Organizations:

Home Safety Council provides home injury prevention publications and resources. An Expert Network professional also receives home injury prevention education tools and services at no cost. (<http://www.homesafetycouncil.org>)

National Center for Injury Prevention and Control (CDC) provides resources, publication, popular links on various injury topics. Web site: (<http://www.cdc.gov/injury>)

National Council on Aging Center for Healthy Aging provides resources to those interested in healthy aging programs that deal with falls prevention. Web site: (<http://www.healthyagingprograms.com/content.asp?sectionid=107>)

Safe States Alliance (formally Stipda) provides technical assistance, resources and publications to professionals in injury prevention field. (<http://www.safestates.org>)

Washington State Department of Health

(<http://www.doh.wa.gov/hsqa/emstrauma/injury/pubs/SAILguide.pdf>) provides a guide to help adults 65 and older to stay active and independent for life, and to prevent falls and fall-related injuries--a major threat to independent living.